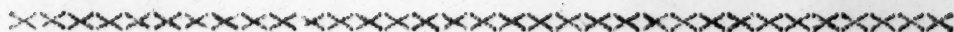


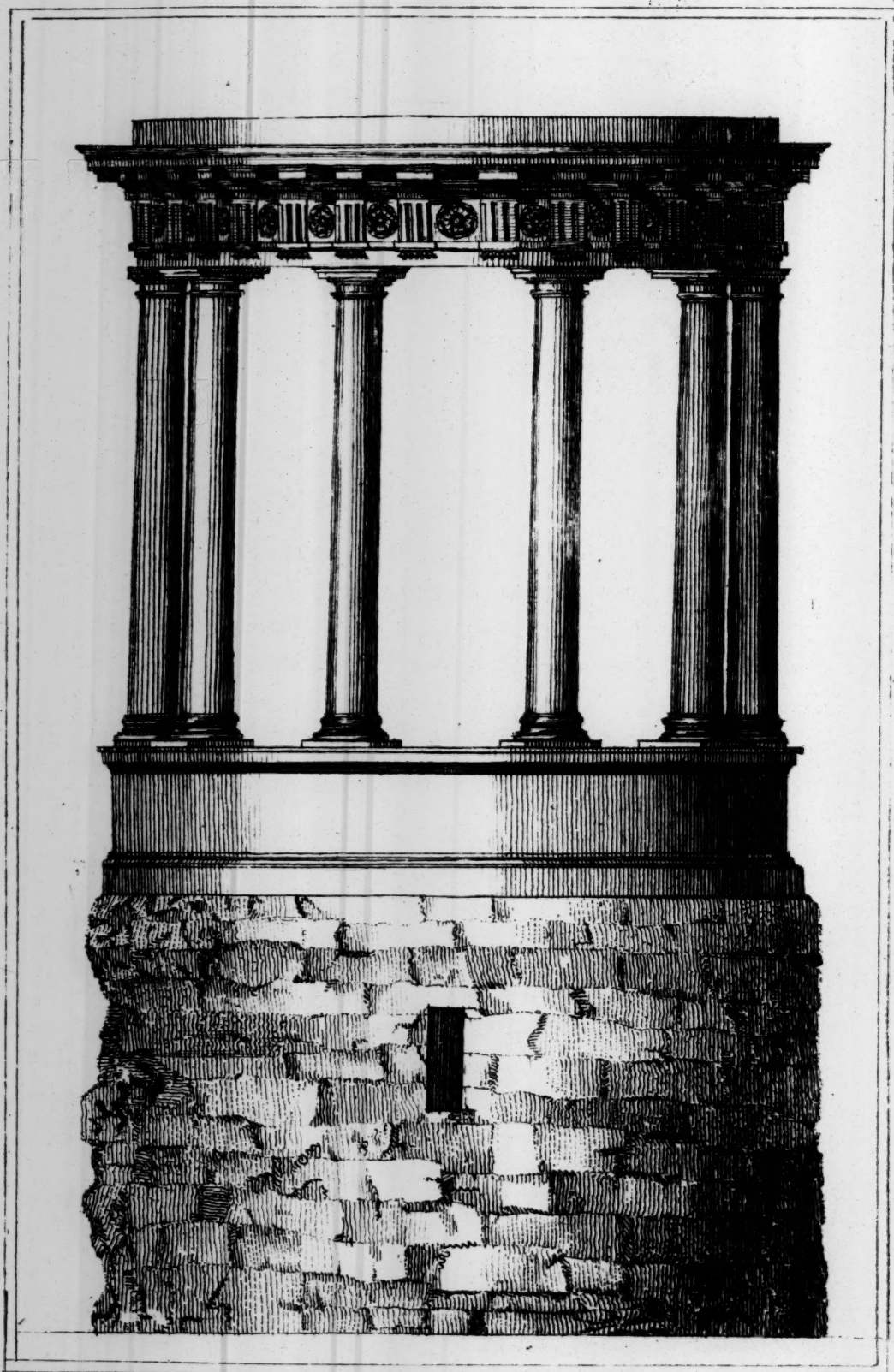
A

MEDICAL TREATISE

ON

The Virtues of St Bernard's Well.





M. Dreyer sculpit

ICON FONTIS.

Pulchrum est benefacere Reipublicæ!

Sallust.

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A

MEDICAL TREATISE

ON

The Virtues of St Bernard's Well;

ILLUSTRATED WITH

SELECT CASES:

ADDRESSED TO

FRANCIS GARDEN, Esq. of GARDENSTONE;

ONE OF THE SENATORS OF THE COLLEGE OF JUSTICE,
AND RECTOR OF THE MARISCHAL COLLEGE IN
THE UNIVERSITY OF ABERDEEN;

PROPRIETOR OF ST BERNARD'S WELL.

AUCTORE J. TAYLOR, M. D.

SOCIETATIS MEDICÆ REGALIS EDINENSIS SOCIO;

ET

COLLEGII MARISCHALLANI APUD ABREDONENSES

SOCIO ET ALUMNO.

EDINBURGH:

SOLD BY WILLIAM CREECH AND J. AINSLIE;

AT THE HALL OF THE ROYAL MEDICAL SOCIETY,

AND AT ST BERNARD'S WELL.

MDCCXC.

MEDICAL TREATISE

The Virtues of St Bernard's

Illustrated with

and

FRANCIS GARDNER, M.D.

OF THE UNIVERSITY OF THE HOLY SEE

OF THE UNIVERSITY OF THE HOLY SEE

THE UNIVERSITY OF ASSISI

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FRANCIS GARDNER, M.D.

HYMNUS AD FONTEM.

O Fons Bernardi splendidior Vitro,
Fonte Bandusiae * multo salubrior,
Mentis aerumnis corporisque malis
Fautor benigne !

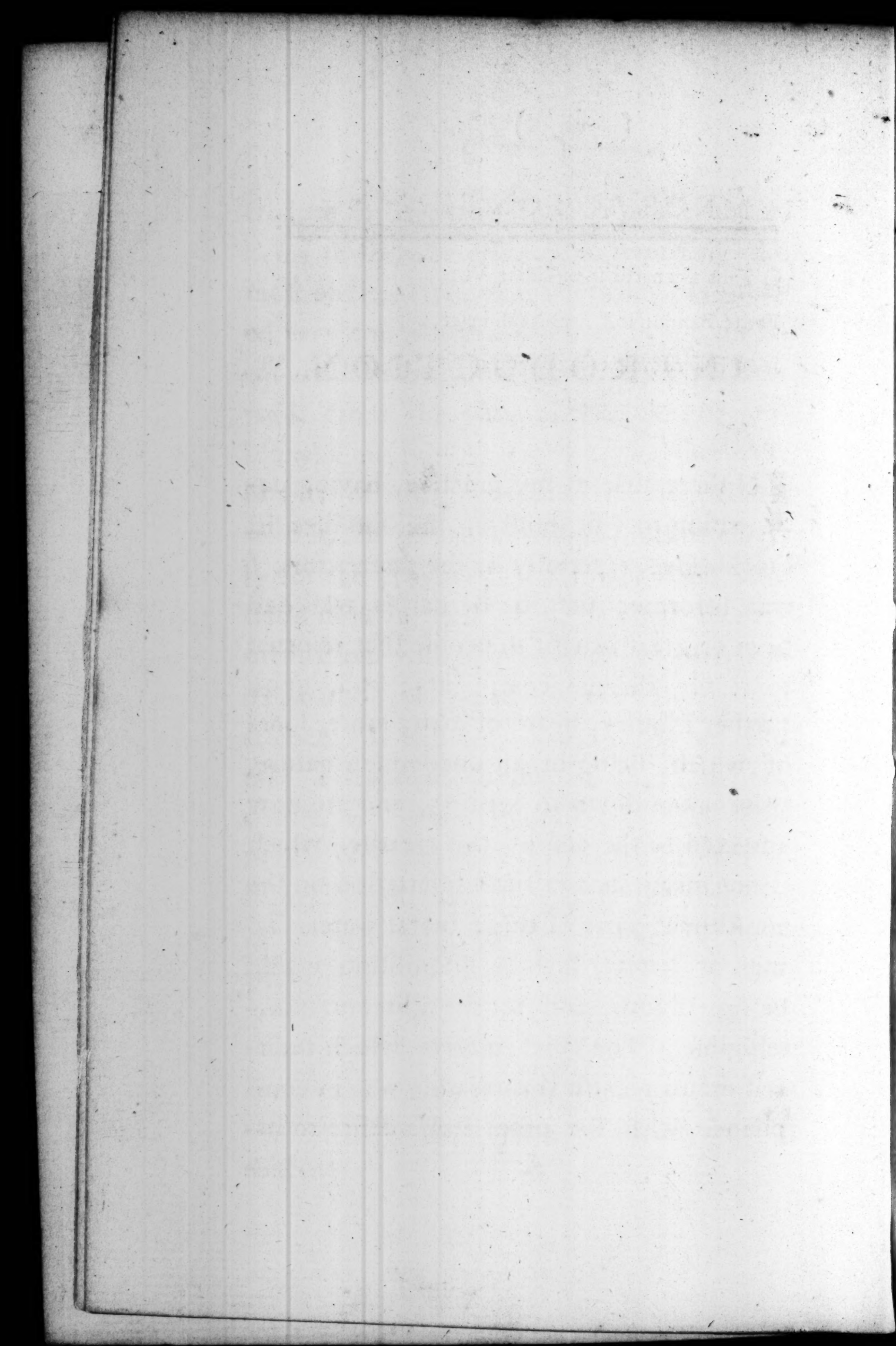
Patronus ille tuus deliciae et decus
Humani generis te perornaverit,
Qui domos et agros paravit egenis,
Teste Ecclesia Laurenti ;

Mordaces pauperum sollicitudines,
Praefens levamen ocyus expertae,
Senex et infans gratiis sempiternis
Te prosequuntur ;

Qui captos oculis pedeque claudos
Inani spe nunquam lactaverit,
Nec infanda respicit superbia
Oculis retortis ;

Non inquilinis solum sed alienis,
Quos omnes victu cultuque regio
Ornat, et e vinclis saepius eripuit,
Non sine gaudio.

* Horace.



INTRODUCTION.

IN the course of my practice, having occasion to visit most of the families in Stockbridge, especially of the poorer sort, I was informed that St Bernard's well had been of great benefit to people that resorted to it for various complaints; and, upon further inquiry, heard of many more, some of which, being of an uncommon nature, were taken down in writing, and are now annexed to the end of this treatise, which is not meant as a critical dissertation on the constituent parts of this mineral water. To men of letters, such a disquisition would be superfluous, and to the illiterate unintelligible. The chief motive which induced me to publish this treatise, was in compliance with the proprietor's desire to introduce

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troduce St Bernard's Well to public notice, being of singular efficacy in removing the most obstinate diseases, after they have foiled very eminent practitioners in the medical art. Its situation being only a pleasant walk from the City of Edinburgh, was likewise an inducement to make the inhabitants of that populous city acquainted with it. As this publication is meant chiefly for the benefit of the lower class, who stand most in need of it, its best recommendation will be plainness and perspicuity, without the parade of much theory and science. It will not, however, be amiss to take a transient survey of the situation, course, and other circumstances of St Bernard's Well, for the information of men of superior rank, and to gratify the curiosity of all who wish to be informed of these particulars.

MEDICAL TREATISE, &c.

S E C T I O N I.

Name of St Bernard's Well.

TO trace from ancient legends from whence this fountain derived its name, would hardly be worth while. It seems to have been dedicated to a saint of that name, when such consecrations were fashionable, to bring it into repute with the vulgar ; but when St Bernard and all his fraternity were banished this country, I hope for ever, this mineral fountain fell into disrepute. Succeeding generations were simple enough to conclude, that, as its guardian

guardian saint was gone, he had carried the virtues of the fountain along with him ; and for more than half a century it was totally neglected. Some feeble efforts were made to restore it to its pristine reputation ; but these exertions always proved abortive, till lately, a most fortunate æra for St Bernard's Well, its present proprietor and patron having derived great benefit from it, at his sole expence this sacred fountain is now rising into greater splendour and reputation than ever.

In the life of St Bernard, as it stands upon record, he had been sent as a missionary from Rome, upon a private negociation, to the court of Scotland ; and not succeeding, in disgust he retired from the world, and took up his residence in the neighbourhood of the well, called it by his name, and announced its virtues to the public ; but with this assurance, that, without gifts and free-will offerings, they must expect small benefit from the mineral. By this device,
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he got rich and covetous, and proposed to the proprietors of the lands in that vicinity, if they were disposed to alienate their property, and devote it to charitable purposes, they should receive for every acre three acres in paradise. Wonderful to tell! by this paltry device, he got into his possession all the adjoining grounds. What a golden age for the priesthood! By this means he lost his popularity, and soon after died; but the lands, instead of being restored to their former owners, were annexed to the church, and continued so till the Reformation, which took place here in the beginning of the sixteenth century; when the religious houses were shut up, the church lands secularized, and the superstitious ceremonies of the old religion abolished.

After this catastrophe, and the confusion subsequent to it, this excellent fountain fell into disrepute, or rather into a state of total oblivion, all the country being filled with the outrages of a distracted rabble, led on by a
fiery

fiery and furious ecclesiastic, who, to be avenged of the Scarlet Whore of Antichrist, and the man of sin, wrecked his vengeance upon these noble and stately cathedrals, the pious monuments of antiquity, which were utterly demolished and laid in ruins by their sacrilegious hands; but these ruins, though in some places scarce one stone is left upon another, still proclaim their primitive beauty and grandeur; insomuch that the late Dr Johnson, of capricious memory, contemplating the ruins of an abbey at Arbroath, averred, that these venerable ruins were sufficient to gratify him for his journey from London. If the sight of these ruins could extort such a confession from so malignant a visitor, what must their effect be on a liberal and unprejudiced mind, endowed with true taste and sensibility?

S E C T.

S E C T. II.

Situation of St Bernard's Well.

ST BERNARD's Well is situated in a pleasant vale, formerly called Stockdale, a short distance from Stockbridge, a small neat village, which terminates the valley, about a mile distant from the City of Edinburgh; from the New Town not above half that distance. The valley is formed by steep hills on each side of a small river, called the Water of Leith. The adjacent eminences are covered with forest trees, underwood, shrubberies, garden grounds, and gentlemen's seats. All the vicinity has a wild, romantic, and very pleasant appearance. In this valley, from under a green bank, and through a flinty rock, a small fountain of clear water takes its rise. It runs in six small

small veins, which are collected into two, and run into a tub perforated a little above the chyme in two places. When the water overflows, it runs into the river at no great distance. Several other springs of inferior note, but similar in quality, arise at different distances from the capital spring, one on the opposite side of the river, and one in the bed of the river, only discernible in dry weather, when the river is very low. There are many airy pleasant walks, and fine landscapes beautifully diversified, both from sea and land. The Firth of Forth is only a mile distant; and the prospect is much enlivened by the ships passing and repassing to and from Leith and the neighbouring sea-port towns. In short, a more picturesque and pleasing piece of scenery is scarce to be seen any where.

Just facing St Bernard's Well, upon the opposite bank of the river, in the middle of a grove, stands a lofty Gothic tower, which
serves

serves as a mausoleum to its founder. Near to this spot stands a sepulchral monument, in form of an urn, erected to the memory of two lovers, who lost their lives by the falling of a bank; and their remains being lately dug up, were deposited in that sequestered corner. There is no epitaph nor inscription upon the urn; but tradition has handed down their untimely and tragical end to all the inhabitants of the village. To give a more minute description of the situation of St Bernard's Well, or its environs, would be unnecessary, and foreign to my present purpose. I shall now proceed to give a cursory detail of the virtues and composition of this mineral.

B

S E C T.



S E C T. III.

Of the Quality and Composition of St Bernard's Well.

BESIDES the elementary part of this mineral, it is compounded of a sulphureous volatile acid, and a phlogiston, or inflammable principle. These are its constituent parts; not that sulphur materially and substantially exists in this water, but is virtually and essentially united under the above qualities, of a subtile volatile acid, and a phlogiston, or inflammable principle. The peculiar odour of this water is somewhat nauseous and empyreumatic, but is not so foetid as to cause reaching, even in the most delicate. This odour proceeds from the essential qualities of a native sulphur,

phur, but so intimately united with the elementary principle of the water, that no sulphur, in a material and substantial form, can be obtained from it by human skill. Some attempts have been made to imitate these waters, and to substitute an artificial composition in their place. I will venture to assure them they will have their labour for their pains, as Boerhaave says on a like occasion, *Amici oleum et otium perdidimus*. Wherein soever the medical energy and virtue of this water consists, it cannot be imitated by any sophisticated compositions whatever. This aetherial volatile spirit, on which the superior excellence of the water depends, is of a fugitive nature, and quickly evaporates when exposed to the air: But the fountain being now inclosed, this aetherial gas is confined, and the water raised, by means of a pump, in its greatest purity and perfection, and is no small improvement of the water to what it was when exposed to the open air. It ought likewise to be observed, that here are
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no mercenary ends nor exactions; no allurements to expence, vice, or dissipation; and no more than just accommodations for the patients and invalids who come for the benefit of the water.

A pellicle, which appears like a black scum on the surface of the water, is a sort of hepar, the heaviest part of which, by its gravity, precipitates to the bottom, and is washed away with the common sludge; the lighter particles are dissolved, and mix with the mineral water, which is somewhat lighter than common water, and does not mix with it without shaking. Now that the water is inclosed, and under cover, it is not exposed to suffer by evaporation. Those who drink the water in a morning find it stronger, and more poignant to the taste. Beside the above ingredients, there is likewise found, by evaporation, a small portion of an earthy residuum, which is not peculiar to these waters, as some earthy particles are to be found
in

in all waters, even the meteoric, and much more the terrestrial. This is no where more evident than in the common water about London, which abounds in a calcareous earthy matter; by which their tea kettles, and other kitchen utensils used in boiling and dressing victuals, are coated with a white thick crust. A white saline efflorescence may be seen upon the grass, like a hoar frost in the meadows, when dry after the autumnal rains, where the waters have stagnated. By some this is accounted nitrous; but, being quite insipid, seems to be a mere earthy calx. When employed in analysing St Bernard's Well, I received the following report:

Dear Sir,

Agreeable to your request, I have analysed the water of St Bernard's Well, and find it very little different from what you mentioned. My observations are as follows: The water is something lighter than common water; by being exposed to the
air,

air, it loses its empyreumatic smell, and, I believe, a good deal of its virtue. After evaporation, a small quantity of oily and saline particles remain behind, and tastes like bittern: There is likewise a small portion of an earthy substance. A blackish hepatic scum swims on the surface; but, after stirring, it vanishes. All these impurities, in my opinion, seem to affect the water very little, and give it no purging quality. This water, when exposed a short space in the sun, loses all its mineral qualities, and becomes soft and tasteless, like common water. When mixed with nitre, it becomes sensibly colder; but, after standing, and the nitre subsiding, it recovers the atmospheric temperature. As to the other properties of the water, my opinion coincides with your own. Shall only add, that I continue very much your friend and servant,

J. F.

Edin. July 25. 1789.

A

A modern physician having analysed a mineral water, expresses himself thus:
 ‘ This water contains a small quantity of
 ‘ iron dissolved in fixed air, absorbent earth
 ‘ dissolved in hepatic air, vitriolated mine-
 ‘ ral alkali, vitriolated magnesia, and mu-
 ‘ riated mineral alkali.’ This is a mere
 unintelligible jargon. Chemistry, like every
 scientific art, is founded upon rational prin-
 ciples; and, although every art assumes to
 itself the privilege of appropriating to itself
 its own technical terms, yet those terms
 are to be applied, so as to illustrate its ope-
 rations, and not to render them more ob-
 scure through ignorance and affectation.
 When our ideas fail us we should stop;—
ne penna praecurrat menti.

S E C T.

S E C T. IV.

Operation of the Mineral Waters.

ALL the chronic diseases incident to the human body, derive their origin from obstructions, which first take place in the evanescent and extremely minute vessels. These obstructions, if of long continuance, receive no relief from the common and indiscriminate evacuations of medical practice, by which, during their operation, at least the insensible perspiration is lessened, if not suspended, and leaves a sense of lassitude and dejection; but these waters, on the contrary, being slow and gradual in their operation, insinuate into the most remote stages of circulation, break and attenuate all viscid and preternatural cohesions; and by their subtilty penetrate through the whole

whole system, not only removing crudity, and assisting digestion in the stomach and first passages, but cleansing the glandular system, and carrying their noxious contents by their respective emunctories out of the habit, without pain or fatigue; on the contrary, the patient feels himself lightsome and chearful, and by degrees, an increase to his general health, strength, and spirits.

The water of St Bernard's Well operates for the most part as a strong diuretic. If drunk in a large quantity, it becomes gently laxative, and powerfully promotes insensible perspiration. It likewise has a wonderfully exhilarating influence on the faculties of the mind.

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S E C T.

S E C T. V.

General Efficacy of the Mineral Water.

TH E usefulness and efficacy of these waters will be best ascertained by the attestation of those who have actually received benefit by using them. If used to our meals, at first they are unpalatable; but from use become pleasant and agreeable enough. By this means, mingling with our food, and assimilated in our stomachs, they exert their efficacy in the *primae viae*, stimulating the digestive powers, when too slow and languid; and checking the natural functions, when too quick and precipitate; diluting the juices and relaxing the solids, when too rigid. They strengthen the whole system, gradually promoting the action and reaction of the solids
and

and fluids upon each other, upon which the health depends ; and they exert their influence and efficacy upon different persons in a different manner ; in some acting as a diuretic, in others as a laxative, in many as a diaphoretic, but beneficial in all, when properly administered. If at first drinking they create a nausea, it is not owing to any emetic quality in the waters, but to a crudity or foulness of the stomach ; sometimes a looseness will ensue ; this proceeds from a colluvies of indigested food in the alimentary canal, which is hereby expelled and evacuated. Sometimes the more delicate may feel an head-ach after drinking, and a giddiness, which is but of short continuance, and goes off by moderate exercise. This sensation is owing to the volatile and spirituous parts of the water, which naturally ascend and affect the sensorium, but soon alter their direction, and open the whole glandular system to perform its natural functions. They chiefly take to the skin, which they render soft and smooth by promoting

promoting perspiration, and rendering the body light and active, and the mental faculties chearful and gay. By a copious and continued use of these waters, the skin, from being dry and scurfy, becomes moist and smooth. It smells of a sulphureous odour; and the linen becomes dingy and yellow; the silver in one's pocket tarnishes, turns yellow, and afterwards blackish. Once more I will repeat its beneficial qualities upon the first passages; blunting all acidities in the stomach and intestines, expelling flatulency and eructation, which arises from indigested food. In a word, the water of St Bernard's Well seems to be possessed of all the good qualities, of which the most celebrated medicinal waters, foreign or domestic, can boast of, with this singular advantage of being of our own growth, and free from trouble and expence. It ought likewise to be observed, that the salutary effects of these waters are not local, but diffusive through the whole system, and exert their efficacy on the nervous power

or

or animal spirits, being rarified by the action of the stomach, they expand themselves *usque quaque* to all the outlets of the skin.

S E C T.

S E C T. VI.

Particular Efficacy of the Mineral Water.

MANY are the maladies which are justly deemed incurable by human art, lying beyond the reach of medicines, and out of the sphere of their action. It is in such cases that the superior excellence of these waters is most conspicuous, when all possible assistance has been administered, and proved ineffectual; when all medical skill has been baffled, and carried to its *ne plus ultra*, a safe, perfect, and pleasant cure has been effected by having recourse to these waters. In such a case, Pyrrho himself must yield his assent. Of these we have adduced several instances in the annexed schedule, and many more might be added.

In

In such a deplorable case was Elizabeth Laing (Case 9th.) After being tapped six times in the Infirmary, and discharged as incurable, by applying to St Bernard's Well, she recovered perfectly; afterwards bore children, and is now alive in St Cuthbert's Workhouse to attest her cure. Mr Tidswell's niece, (No. 16.) a similar case to the foregoing. Such was the case (No. 13.) of Felix M'Guire weaver at the Water of Leith, for a cystirrhoea, a shocking and very rare complaint. Such was David Elder's case (No. 18.) But above all the case of Robert Hamilton for scrophulous complaints (No. 19.) References to these cases, which were taken from the patients themselves, who are all alive now, and reside in Edinburgh, or its vicinity, are not to be looked upon as a deception upon the public, like quack-bills and advertisements, whose sole object is pecuniary, and their views fraudulent and mercenary.

As the author of this treatise would not wish to be wanting in that decent respect which is due to the public, particularly in literary productions, he takes this opportunity to solicit the reader's indulgence, if he meets with some quotations deficient in point of accuracy, and likewise upon some other accounts, particularly in point of arrangement, for which he can make no suitable apology, except that this small tract was written mostly from memory.

S E C T.

S E C T. VII.

The Water of St Bernard's Well made into Coffee.

TH E water of St Bernard's Well is very pleasant when made into coffee. This peculiar excellency arises from a congenial quality in the mineral water and coffee, both of them being of a sulphureous dry and warm nature. When assimilated by the boiling, they exalt and improve each other. Great care ought to be taken to keep the boilers closely stopped, and not to be kept too long upon the fire, otherwise the fine volatile steam will evaporate, and weaken the coffee. A moderate quantity of this coffee, drunken after dinner, is an excellent digestor. The animal

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mal spirits are thereby exhilarated, and we become debonair and gay. The French are well acquainted with the good effects of coffee; and perhaps to it they owe much of their vivacity; but, when the coffee is united to the sulphureous mineral water, it acquires an additional strength and efficacy, and imparts a surprising vigour to the mental powers; from being morose and sulky, we are all at once metamorphosed into a gay and chearful mood. The late Sir John Pringle, from long and repeated experience, found strong coffee a most powerful medicine in the asthma, having an extraordinary sedative quality. How much more powerful would its action be when united to this mineral water?

S E C T.

S E C T. VIII.

*Sulphureous and Bituminous Substances found
in the Spring.*

W H E N the workmen were digging about the spring, and clearing a foundation for a noble structure, now erecting over St Bernard's Well, and in great forwardness, they dug up a fragment of a ragged fossil, consisting of various strata, but mostly of the sulphureous kind, resembling sulphur vive. Upon trial, it had the qualities of sulphur vive. Along with this, and closely adhering to it, a black bituminous substance was found, answering to the description of bitumen or asphaltus, with both which this mineral is impregnated. Although bituminous, sulphureous,
or

or oily substances, are not immediately miscible with water, yet oil will mix with water by the intervention of mucilage, and the other two by the medium of an alkali, which probably lies hid in the subterraneous passages through which these waters flow: Be that as it may, these waters strike the olfactory nerves with the same odour which arises from these two substances when combined with the elementary principle. The bitumen, when taken separately, emits a clear and sparkling flame, with a pleasant fragrant smell like naphtha, but not pitchy. It likewise makes a sputtering, like a candle that has got wet, from whence it would appear, that a small portion of the elementary water is combined with the inflammable principle, by means of the sulphureous acid and phlogiston with which these waters abound:

But who their virtues can declare? Who pierce,
With vision pure, into these secret stores
Of health, and life, and joy?—THOMSON.

Let

Let me desire the reader's indulgence for the following observation: As our interest and convenience is closely connected with the brute creation, we ought not to overlook any thing that may contribute to their health and ease. There is a species of leprosy incident to the hog kind, improperly called *misley*; by the vulgar it is named *lyper*, or *leprous*, which, upon good grounds, I have reason to believe might be effectually cured by this mineral water. The disease arises from the animal's being too closely confined in a foul loathsome hold or sty, fed upon dry farinaceous food, such as meal, mill dust, &c. without exercise, or any vegetable aperient roots, of which they are so fond. Instead of being franked up in sties, as is always the manner of treatment in this country, in England, and still more in North America, their hogs are allowed to range at large in the woods, and are always healthy and clean, and not a misley hog to be seen.

I would further observe, that no medicines are to be taken along with a course of these mineral waters, except a few salts, with or without manna, or a dose of rhubarb and magnesia, in case of too great an astringency of the body; or, in case of bilious complaints, an infusion of fenna and tamarinds may be most suitable.

SECT.

S E C T. IX.

Lymphatics, and their Diseases.

TH E lymphatics, first discovered by Bartholine, though strenuously contested for by more recent anatomists: The third system of lymphatics go by his name, and are allowed to be the seat of the scrophulous myasma. The seat of strumous disorders, when in an ulcerated state, is the thyroid and neighbouring glands. These last, when obstructed by stagnated lymph, are melted down, and become meliceratous. The lymphatic and glandular systems being thus diseased, lay the foundation of all chronic disorders. When this takes place in the cerebrum, a hydrocephalus ensues; when in the thorax, a phythis pulmonalis,
or

or tubercles, are generated; when in the abdomen, from an obstruction of the mesenteric glands, an ascites is formed; when upon the great joints, gouty concretions follow; in all which cases the malady lies far beyond the action of medicines, and cannot be restored to a healthy state but by the superior efficacy of mineral waters, assisted with a proper regimen, moderate exercise, good air, and the other requisites to a perfect cure. Here a wide and pleasant field opens upon us; at present, I am afraid of making too many digressions, and becoming tedious.

SECT.

S E C T. X.

The Excellency of these Mineral Waters.

A MIDST the endless variety of boasted medicines for the above diseases, which is a sure proof of their being inadequate to a cure of the complaints for which they were administered, it ought to be matter of great satisfaction, that, from the astonishing power of these mineral waters, we may, without flattery, entertain the strongest hopes of success: And, although we may boast of the benign influences of a genial sky, healthy atmosphere, and all the blessings that naturally flow from these advantages, yet many are the diseases which naturally arise in all countries, from climate, air, and soil; for which Nature, ever

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bountiful,

bountiful, has produced most abundantly great store of indigenous plants and medicinal springs, whose virtues are specifically adapted to remove these diseases. When she pours from her exuberant bosom the never failing sources of life, health, and joy, and calls, with a parental voice, ' Drink, wash, ' and be clean,' ought we not to listen and obey.

The restorative quality of these waters is obvious and undeniable, where universal debility, weakness of sight, defect of hearing, or when any of the senses are impaired through a valetudinary state of health, or the infirmities of age, as mentioned in the 2d Case, of Marion Hunter, that, after her dropical complaints were totally removed, by continuing the use of the water, she recovered her eye-sight ; that she could read the smallest print at the advanced age of sixty-six, after being almost blind. A gentleman, who for many years had lost the sense of hearing on the right side, after
using

using this medicinal water his hearing was restored, and a secretion of cerumen returned to the ear affected; the mental powers are so much improved, that one would imagine there was such a renovation of the whole system as would be productive of longevity as well as health. This phenomenon, strange as it may appear, may in some measure be accounted for, from the circulation being accelerated, and its momentum increased without irritation, or the smallest degree of fever.

S E C T.

S E C T. XI.

Of Scorbatic Cases.

IT has been already observed, that the scorbatic, and all afflicted with cutaneous eruptions, may expect a perfect cure from the efficacy of these waters, and ought to have recourse to them, by drinking and bathing. The hysteric and hypochondriac, and all afflicted with lowness of spirits, will find speedy relief; at the same time using moderate exercise in the open air, when the weather will permit, and a light regular diet; for most of the chronic diseases proceed from an error in the above particulars; by indulgence in our food, eating more than nature requires, and too high seasoned, following an indolent course of life,

life, *ex hac fonte derivata clades.* From these diseases the poor and laborious are totally exempted ; not having it in their power to transgress in the quantity or quality of their food, and obliged to earn it with the sweat of their face ; by which means, we never see a hard working man, or day labourer, afflicted with nervous complaints, or the painful affections which attend opulence, indolence, or an irregular vexatious course of life.

In joint complaints, arising from congestion, or an accumulation of peccant matter upon the articulations ; in all gouty and paraletic affections ; in all nervous complaints, immediate ease, and a seldom or never failing cure, may be expected from a free and persevering use of these waters.

Scrophulous complaints of the most obstinate kind, and many years standing, which have baffled all other means of cure, have met with a speedy and effectual remedy,

medy, as will appear from the annexed Cases, and many more not inserted, to avoid being tedious. These waters are endowed with a specific quality, by reaching the most latent sources of these diseases, if freely used, and for a due length of time. To correct and repel all the morbid juices, and to restore the whole system to a healthy state, is so arduous a task, that no human skill can perform, but through the medium of these, or such like medicinal waters, which is confirmed by daily experience.

Nephritic Complaints.

The salutary effects of this medicinal spring manifests itself in the affections of the kidneys and urinary passages, when obstructed by calculous concretions, or a viscid glairy mucus; not only possessing a solvent quality, but saponaceous and detergent, by which the parts are stimulated into action, and their natural functions restored.

Impotency.

Impotency.

From the warm, kindly, and balsamic virtues of these waters, good effects may be expected in cases of impotency and barrenness; which do not always proceed from debility, but are often the effects of indulgence and high living, by which Nature is oppressed, and drove out of her course, that the faculties necessary to procreation cannot be exerted. If high seasoned food, strong wines, and spirituous liquors, were exchanged for plain, simple, nourishing food, and the use of these waters, with regular hours and exercise, most excellent effects might be promised from such a regimen.

The opinion of a celebrated modern writer * will in some measure confirm the above particulars. ‘ Water is the only liquor Nature knows of, or has provided for all animals; and whatever Nature gives

* Dr Cadogan.

' gives us, we may depend on it, is best
 ' and safest for us ; accordingly we see,
 ' that, when we have committed any ex-
 ' cesses, or mistakes of any kind, and suffer
 ' from them, it is Nature that relieves us ;
 ' hence the chief good of this element, espe-
 ' cially to hard drinkers. It is this element
 ' that dilutes and carries off all crudity and
 ' indigestion. The mineral virtues they
 ' contain make them agreeable to the sto-
 ' mach and first passages ; but it is the ele-
 ' mentary part that cures.' I must agree
 with the Doctor, that it is the elementary
 part that cures crudity and indigestion ; but,
 when there is a scrophulous, scorbutic, or
 other morbid diathesis in the blood, unless
 the water is combined with something
 more than the elementary principles, a cure
 of these diseases will be in vain attempted.
 This is self evident, and so obvious to every
 practitioner, that it requires no further de-
 monstration.

S E C T.

S E C T. XII.

*The Mineral Waters where Injurious, and
where Beneficial.*

IN general, all the diseases of a lax and weak fibre, dropfies, scorbutic, and scrophulous affections, stomach and nervous complaints, from relaxation, crudity, and indigestion, will find singular relief, and, by perseverance, a final cure, from the use of these waters: On the other hand, it must be observed, that, in some cases, these waters will be of no utility, and, in others, rather injurious. In this, and all medical cases, the laedentia should be known as well as the juvantia, that we may avoid the one, and observe and practice the other. These waters, therefore, are not to be used indiscriminately.

F

Constitu-

Constitutions are generally divided into cold, moist, and phlegmatic, or hot and dry. The former will always find relief from the water of St Bernard's Well, it being of a warm, benign, and balsamic nature; but the latter, that of a hot and dry temperament, where the solids are overbraced, and strung up too high, they must be used with a sparing hand. To this class belong asthmatic affections, hectic and bilious complaints, dry coughs without expectoration, especially if attended with an hæmoptoe or hæmorrhage, and in all cases where a tense and irritable fibre predominates; all these contraindicate the use of these waters. If they are forbidden in gouty paroxysms, they ought at least to be resumed when the fit is over. Nothing can strengthen debilitated joints, and supply them with a mild synovia, (the former acrid secretion being expelled), than those waters, used both externally and internally, at the same time carefully avoiding every excess of diet, shunning the opposite extremes

extremes of supine indolence, or too much anxiety and perturbation of mind. In cases of too much relaxation, besides the use of these waters, it may be necessary to use the cold bath, sea-bathing, especially a course of warm chalybeates, not neglecting exercise in the open air, and such other tonics as remove debility, and restore health and vigour to the whole system. The water of St Bernard's Well is not to be used in acute or inflammatory complaints, as pleurifies, peripneumonies, ophthalmias, the scrophulous ophthalmia excepted, where the inflammation is symptomatic, owing to the irritation of the scrophulous diathesis, and not to that of the blood; or, in the language of the schools, where the inflammation is symptomatic, and not idiopathic.

S E C T.

S E C T. XIII.

Season for Drinking the Water.

THESE medicinal waters may be used at all seasons; but the most eligible is during the summer; as they often operate by insensible perspiration, the cold season must in some measure defeat that effect; neither is the hottest season so proper, lest the body being already over-heated should become more so by using the water. The extremes of heat or cold are not the most eligible. A tumbler glass, or two, taken morning, noon, and night, is preferable to large draughts. The drinking should be accompanied with moderate exercise, to keep the body in a temperate warmth; as nature observes no vacation in the production of diseases.

seasons, these waters are never deprived of their medicinal virtues ; but may be used to advantage at all seasons, yet so as not to interfere with our meals, or disturb digestion. The best method is to begin and leave off gradually ; by which means complaints are removed, and the animal oeconomy not disturbed. When the patient is thin and emaciated, a small quantity of new milk may be added to the water to render it more palatable and agreeable to the stomach. A strict regularity must be kept up in the non-naturals, that is, not only observing regular hours for sleep, diet, and exercise ; but especially to regulate the affections of the mind, which must be kept free from care and anxiety, and enjoy an uninterrupted state of peace and serenity of mind.

Such is the mutual influence of soul and body, that to regain lost health, the passions of the mind and the bodily appetites must be kept under due government, the result of which

which is tranquillity of mind and health of body ; both which constitute the highest degree of felicity that our nature is capable of. To procure the one is the business of the divine ; to preserve, and continue the other, the province of the physician. In such cases, some, not many, have recourse to abstinence, which indeed will often remove the effects of a recent debauch ; but, if obstinately persisted in, must occasion more disorders than it prevents. Our bodies being in a continual waste, require a regular supply to make up for this dispendium. If deprived of it, through abstinence, the juices vitiate, and the whole system of solids and fluids run to desolation. Abstinence then is an absolute cure for no other malady but repletion ; and, if continued long, is more pernicious to health than repletion itself. These two being opposite extremes, temperance, which is the law of nature, is the medium between these extremes. Whence appears the impropriety

impropriety of feasts and fasts, being both pernicious to the human frame.

'Tis likewise worthy of remark, that in all the annexed cases, no medicines of any kind were used. The patients restricted themselves to the use of the water alone. Some of them indeed had undergone courses of medicines previous to their using the mineral water ; but, finding no relief from them, to their great satisfaction they had recourse to these waters. With what wonderful success, their own accounts will be the best testimony. It has been observed, as a piece of craft as common as it is unjustifiable, at most of our medical springs both at home and abroad, that the superior excellency of these waters are often confounded with, and frustrated by the pragmatic and selfish views of those who introduce their medical compositions as auxiliaries to the mineral waters, though in fact they counteract their salutary effects, and are no otherwise profitable but to the mercenary

senary and interested, who are the dispensers of them. Let this serve as a caution to all who think they may have occasion for their advice; or let them follow the example of my worthy patron, who heard their counsel, but followed his own, namely, to abstain from all medicines, whilst he was under a course of medicinal waters. To every considerate person it must appear absurd and incongruous to take a quantity of medicines along with a course of medicinal waters, whose salutary effects must often be frustrated by the opposite effect of the medicines. At St Bernard's Well the contrary practice is followed. The patients seldom take any medicines but a gentle laxative, in case of costiveness, which seldom happens, or losing a little blood, when necessary.

S E C T.

S E C T. XII.

Bathing.

BATHING was formerly accounted one of the most essential branches of medicine. Even now it is not fallen into disuse. Many are the diseases for which plain simple bathing has been used with success. Medicated baths have been still reckoned more efficacious. The warm bath softens and relaxes the solids, cleanses and opens the pores of the skin; and, in a word, has a surprising efficacy in restoring general health and strength. The writer of this was lately an eye-witness of an extraordinary cure done by the warm bath. A youth, aged sixteen, having just recovered from a nervous fever, by going abroad

senary and interested, who are the dispensers of them. Let this serve as a caution to all who think they may have occasion for their advice ; or let them follow the example of my worthy patron, who heard their counsel, but followed his own, namely, to abstain from all medicines, whilst he was under a course of medicinal waters. To every considerate person it must appear absurd and incongruous to take a quantity of medicines along with a course of medicinal waters, whose salutary effects must often be frustrated by the opposite effect of the medicines. At St Bernard's Well the contrary practice is followed. The patients seldom take any medicines but a gentle laxative, in case of costiveness, which seldom happens, or losing a little blood, when necessary.

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too soon and taking cold, was laid double, could not stand erect, nor raise his chin from between his knees. He was a genuine Emprossthotonos. His mother, who nursed him with much care and anxiety, was ordered to provide a bathing-tub, to fill it $\frac{2}{3}$ full of warm water every morning, to make her son go into it, and lay down in it, and to cover the tub with a blanket to confine the steam. The first three mornings he fainted, and seemed to receive no benefit; but afterwards mended very sensibly, and, before the month was ended, he stood upright, and recovered his health perfectly, without using any medicines. This anecdote is inserted to evince the power of the warm bath. The robust, and such as are of a dry habit, require warm bathing, and bear it well. Those of a moist and lax habit, who are thereby sometimes debilitated, to these the cold bath is more adviseable. Cold bathing, especially in the sea, is allowed to have a strengthening tonic quality, bracing the solids, and giving
fresh

fresh vigour to the whole frame, highly conducive to general health, and having one peculiar advantage over most medicinal courses, of mixing profit with pleasure. Just plunging into cold water, sea water especially, the shock gives a strong vibration to the nervous system; but by continuing long in the water, its good effects are in a great measure frustrated.

The old Romans, and the eastern nations at this present time value themselves upon the most superb and sumptuous structures in their baths, where old and young promiscuously resort every day; and bathing is as habitual to them as washing hands and face is in cold climates. As luxury, the child of opulence, and the parent of all the miseries in Pandora's box, increased, bathing was carried to excess, and used three times a-day. By too frequent bathing, its salutary effects were defeated, and it became more an article of luxury and ostentation than of real utility. The ancient
Romans,

Romans, making no use of linen as we do, must have been a very frousy generation, and no doubt must have reaped great advantage from bathing ; but its salubrious effects became less sensible from its frequency ; and, in place of diffusing general health and strength, had the direct opposite effect ; and in the end proved the chief source of their degenerating from the bravest, hardiest, most magnanimous, and virtuous nation upon earth, to become the scorn and contempt of all nations, as they are at this day ; which made one of our celebrated modern historians exclaim, Who would believe that the present Monks and Monsignori of Rome were the descendants of the *quondam* Scipios ?

Bathing, in a medical sense, must be used with caution and judgment. To such it will prove useful and salutary ; but to such as use it indiscriminately, as the Turks do, it must prove injurious and debilitating. This is meant of the warm bath. The cold
bath,

bath, on the contrary, is conducive to health and strength ; and of all cold baths sea-bathing ought to have the preference, and can no where be more commodious than at Edinburgh and its vicinity.

In venereal affections, such as have been treated unskilfully by mercenary quacks, and are tortured with the excruciating relics of that cruel disease, nocturnal pains, headachs, paralytic, maniac, and hypochondriac disorders, let all such make trial of these health-restoring waters, by drinking and bathing, first in the warm bath, then the temperate, and last of all the cold bath. They have hardly ever failed of doing eminent service in the most desperate cases, as that of A. B. Case 6. and that of Mrs Scott, Case 23.

Bathing and dipping the whole body; embrocation, or pouring water on the parts affected, in all local affections; exsudation, or sweating in particular parts; all these different

ferent modes, if carried on in a scientific and judicious manner, will be followed by the most salutary effects. The vapour bath seems to be particularly adapted to remove old akes, and pains in the joints of long continuance; which has all the advantages of the hot bath without its relaxing power.

Now that we have taken a general and concise view of St Bernard's Well, and endeavoured to unfold some of its qualities, all which are illustrated by well attested facts, the generous conduct of its proprietor challenges the highest esteem. Doctor Franklin justly observes, that the shining characters of good men are not many: They are exemplary, and stimulate to imitation; their pursuits being beneficial to mankind, and honourable to themselves; but here I am not allowed so much as to cry out,—*O et praesidium et dulce decus meum!*—shall therefore shut up with Shakespeare's favourite character, apposite enough to my present purpose,

“ This

“ This man is gentle in his manners,
“ And the elements so well mix'd in him,
“ That Nature may stand up, and say
“ To all the world,—This is a Man !”

REMARKS

(18)

R E M A R K S

O N T H E

C I T Y O F E D I N B U R G H.

PROUDLY seated upon an eminence, with an air of majesty and defiance, stands the City of Edinburgh, which, like most ancient towns, seems to have been founded without any regard to its situation, but to be under the protection of a strong fortress, which the castle afforded: The inhabitants, in those early times, made elegance, beauty, or even cleanliness, very little their study. From the city's standing on an eminence, having in most places a descent, and in some a steep declivity,

H they

they found themselves under no necessity of using sewers, or other subterraneous drains, for carrying off the soil and filthiness inseparable from a large and populous city; with which defect it has been handed down to posterity; and though, of late, greatly improved, is not strictly rectified to this day. These remarks belong to the old town only. The New Town of Edinburgh, beside many other excellencies, is remarkably neat and clean. The Hollanders, on the other hand, derive all their nicety and cleanliness from a directly opposite cause. Their progenitors flying for shelter to uninhabitable swamps and morasses, found themselves under a necessity of draining the ground, and keeping their sluices in good repair, to render their habitations tenible and clean.

The road which leads from the New Town of Edinburgh to Stockbridge and St Bernard's Well, is now made spacious, and convenient for carriages, as well as foot passengers,

passengers, and affords the inhabitants a pleasant promenade, every where surrounded with delightful prospects from sea and land; so diversified with an infinite variety of objects, that few places can boast the like. Leith, which may be reckoned a continuation of Edinburgh, is a sea-port town, at a mile's distance, separated by Leith Walk, on each side of which it is now almost covered with houses and gardens, and forms a very handsome and commodious communication between Edinburgh and Leith. Leith stands upon an aestuary or inlet from the sea, called the Firth of Forth, two leagues broad. Just before the mouth of the harbour, an island, thrown up by Nature, breaks the violence of the tide, and renders the road commodious, and the entry into the harbour safe. Leith harbour is of late greatly improved and enlarged by pulling down the stone bridge, by which it was straitened, and greatly incommoded. The opposite shore, at two leagues distance, is finely embellished

ed with sea-port towns and villas, the residence of its opulent inhabitants. The neighbouring country, of a great extent, and in the highest state of cultivation, affords a delightful prospect to the inhabitants of Edinburgh ; which, for a pleasant, airy, and healthy situation, may be accounted the Montpelier of the North ; enjoying all the conveniencies of a sea-port town without its inconveniencies. The free and extensive prospect of the neighbouring counties which Edinburgh enjoys, gradually rises into lofty hills, which terminate in mountains, whose summits are lost in the clouds. What a grand display does Nature exhibit of her works to the inhabitants of Edinburgh, from the Isle of May, at sea, to Ben Lomond, on the borders of Argyle-shire, in extent above a hundred miles.

Let us next take an interior view of the City of Edinburgh. In all communities one particular description of men seems to
gain

gain the ascendant, from whence the manners and tone of a place is derived. In Edinburgh, most undoubtedly, the gentlemen of the long robe claim the pre-eminence, and take the lead of all others. It must be confessed, that our regular churchmen, for exemplary lives, and superior excellence in pulpit oratory, stand unrivaled. The University of Edinburgh, in all its branches, flourishes, and is deservedly eminent. Medicine particularly shines with great eclat. At present, the Royal Medical Society can boast of members from ten different nations. All the other branches of literature, useful and ornamental, are promoted with singular attention; and, lately, a Professorship, for improvement in Agriculture, was endowed, with a good salary, the gift of a private gentleman, and will complete the system of erudition in all the sciences at Edinburgh, celebrated as it now is all over Europe. Military gentlemen figure at Edinburgh, as they do everywhere else. Merchants, tradesmen, and
 artisans,

artisans, are not deficient ; but all this assemblage, however diversified, is totally eclipsed by the brilliancy of the fair sex ; who, to do them justice, and to pay them that tribute of praise so much their due, not only excel in dress and beauty, but in virtue, piety, and elegant manners. The divine Martia's character seems to be realised here :

- “ True they are fair, O how divinely fair !
- “ But still the lovely maids improve their charms
- “ By inward goodness, unaffected wisdom,
- “ And sanctity of manners.—CATO.

To say all in one word, and it is with pleasure and truth I do it, my amiable countrywomen are an ornament to their sex, and an honour to their country.

The old city of Edinburgh, which was built in the French taste, owing to the political connections which formerly subsisted between the two nations, is so greatly improved,

improved, that it does not look like the same place. These improvements, however, are inconsiderable, when compared to a city, entirely new, standing upon a hill to the north of the old town, with which it communicates by a noble stone bridge, consisting of three grand arches, and makes a very stately appearance. As to the new city, for beauty of situation, regularity of plan, or elegance of workmanship, it is supposed not to be excelled by any city in Europe. Many of the houses of the nobility look like palaces, if by that we mean beauty and grandeur, embellished by all the orders of architecture ; and, although the materials are excellent in their kind, the workmanship and masonry is so exquisite, that it may be truly said, *materiem superabat opus*. The beautiful stones with which the houses are built, are fair, and do not tarnish with the weather. Whoever has seen the New Town of Edinburgh, will allow it to be executed by a masterly hand. Upon the south side of the old city

ty are erected many elegant squares and handsome streets, which make a considerable addition to the old city, and is united to it by a stone bridge of excellent workmanship, and opens a correspondence betwixt town and country upon the south side. All which are executed with true taste and magnificence. The old stone wall, with which the city was environed, is totally disregarded, and mostly done away, giving place to many noble piles of buildings, which strike the eye of the beholder with admiration. The city of Edinburgh, including the new additional buildings, covers more than twice the ground it did formerly ; and, as the new houses are mostly occupied, and the old city as much crowded as ever, the number of inhabitants must be increased in proportion, which, with Leith and the adjoining villages, is computed at one hundred thousand. After this imperfect description of the city of Edinburgh, let us take a view of the neighbouring country laid out to the best advantage, and

and in full culture, by which the markets are supplied with plenty of all sorts of provisions, and that of the best quality. As an irrefragable proof of which, suffer me just to mention, that towards the end of the last war, whole fleets of ships arrived in Leith Roads, some from the West Indies with their convoys, many of the royal navy third and fourth rates, Greenlanders, East Country-men, and Coasters, to the number of six hundred sail, their crews, beside passengers, very sickly, and in want of necessaries. All these, amounting to many thousands, lay in Leith Roads six weeks in safety, and were supplied with plenty of fresh provisions without the smallest advance upon any article above the market price. Some vessels with fresh provisions were despatched from London to their relief, but returned without opening their hatches. An undeniable proof this, of a plentiful country, and of the liberal disposition of the inhabitants, who took no advantage of the necessities of their fellow-

subjects, by exacting an exorbitant price for their provisions, in so pressing an exigency.

We have fish in great abundance at Edinburgh, not only cod and haddock, salmon and mackerel, in their seasons, but sturgeon, holybut, and turbot at all seasons, with which many other markets are but scantily supplied. Within a good mile's distance a sea-port town, large and populous, from whence are conveyed in carts and other vehicles all foreign commodities. Many families reside in Edinburgh for cheapness of living, and find it the most commodious place of residence, such especially as study oeconomy and domestic happiness. The New Town is supplied with soft water from the neighbouring hills, from whence it is conveyed in aqueducts, and carried to every house and family in leaden pipes as in London. They have likewise pumps in their yards. The old town is supplied with fountains and pumps erected in recesses from the streets, for the convenience of the inhabitants,

habitants. Edinburgh is supplied with plenty of excellent coals for fuel, and so reasonable as to be within the reach of the poor. No place in the world can be better supplied with the best of vegetables of all kinds, even when the winters are pretty severe, owing to the skill and industry of the gardeners and ground-labourers.

Although this is but an imperfect and superficial account of Edinburgh, and somewhat foreign to my present purpose, I could not help mentioning a few particulars, though much short of the truth, to convey to the public a faint idea of this pleasant, but much misrepresented city and country.

‘ Hic Angulus prae omnibus mihi arridet.’

If cleanliness is to the health of the body what purity of manners is to the mind and sanctity to the soul, let us banish all slothful habits, however prevalent they may have been. This can be effected by the
strict

strict vigilance of the magistrates alone, whose province it is to punish delinquents who trespass against the public weal ; but above all, mothers and mistresses of families, for it lies entirely with them, ought to make it their business, as it is their duty, to train up their tender offspring to early habits of cleanliness and decency, and to inure them from their infancy to a few modes of courtesy and good manners, and to banish that careless and slovenly behaviour to which they are so notoriously addicted. This act of parental duty, like every other virtue, carries its reward along with it. How pleasing a sight must it be to strangers, as well as indwellers, to see such a multitude of fine healthy children as cover the streets of Edinburgh free from the shocking vices of cursing, swearing, lying, and pilfering, and other horrid vices so common and little regarded in some other countries. But why should this purity of morals be tarnished with filthiness and neglect of those duties which we owe to ourselves

selves and to one another ; not wishing to aggravate these matters, shall forbear enlarging on this topic, in hopes that my lovely countrywomen will improve from these friendly hints.

Every thing here announces an increase of population and opulence ; commerce, manufactures, and agriculture are in an improving state. A farm adjoining to the New Town of Edinburgh is reduced to one half of what it formerly consisted, by the encroachment of new streets and houses, notwithstanding which, the present produce and profits of the farm exceeds the former crops when the farm was entire, fulfilling the old Greek paradox, το Ημιση πλειον παντος, The half is more than the whole ; which is owing to the superior advantages of modern husbandry, and to plenty of rich manure, by a short carriage from the New Town.

What

What a pity it is that we should over-rate foreign and undervalue the produce of our own country, which for the most part deserves the preference? 'Tis true our country does not produce wine and oil; but does it not produce malt-liquor and butter in abundance, which is far better, and more suitable to our climate and constitutions? Look at the human species, the horses, the cattle; look at the fields, which for corn, grafs, and perpetual verdure, can hardly be excelled.

O ter felices, sua si bona norint, Caledonii.

DIREC-

D I R E C T I O N S

F O R

DRINKING THE MINERAL WATERS.

I.

THE Water of St Bernard's Well being of a warm nature, requires no confecti-
ons, nor other expedients, to reconcile
it to the stomach. It is lighter than com-
mon water, and never feels heavy, nor cold
to the stomach.

II.

The water is strongest and best to drink
in a morning. A glass tumbler, contain-
ing

ing two gills, is a sufficient draught ; then taking a little exercise, and taking a fresh draught, till you have drunk three tumblers, which is sufficient for once drinking. Some drink double the quantity without any inconvenience.

III.

The female sex, at certain periods, may suspend the use of the mineral water, and afterwards resume it when that period is over.

IV.

It is much better, and more effectual, to use the water upon the spot, both for external and internal use. It loses much by carriage.

V.

A plain light nourishing diet is most suitable, and agrees best with a course of the mineral waters, and enables the constitution to exert its natural powers : On the contrary,

contrary, high seasoned food, when taken in too great a quantity, hinders the water from having its due efficacy. Wine and spirituous liquors are very pernicious, and keep the body in a temporary fever.

VI.

When we use the mineral water for any particular ailment, we ought not to leave it off all at once, not even when the morbid symptoms have disappeared, otherwise we hazard a relapse, particularly in scorbutic, scrophulous, or dropical cases. By continuing to use the water a due time, the disease is not only thereby removed for that time, but entirely eradicated.

VII.

When the mineral water is put in bottles for carriage, it should be done in the morning, before it has lost its medicinal odour and poignant taste. It ought to be closely stopped; otherwise the finest and most volatile parts of the water flies off. A space

K

of

of a quarter of an inch below the cork should be left; left, being filled up close to the cork, it should burst the bottle.

VIII.

To keep the mind in a calm and serene state is highly conducive to promote the good effects of the water. When the animal spirits, or nervous power, is agitated by violent passions, the efficacy of the water is suspended, if not destroyed.

CASES.

of a quarter of an inch below the cork
should be left; left being filled up close to
the cork, it should burst the bottle.

VIII.

To keep the mind in a calm and serene
state is highly conducive to health.

Good effects of the water. When the
mind, or nervous power, is relaxed,
the efficacy of the water is increased.

C A S E S.

1. A lady, aged 45, had been afflicted with
a nervous disorder for many years.

1877

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INTRODUCTION

TO THE

C A S E S.

THE following Cases are selected from a great many others of less importance; the Author being unwilling to insert minute and trifling ones, of which he keeps a Register. To avoid accumulating too many, and thereby becoming prolix, he has made choice of such only as are attended with uncommon symptoms, and may serve to illustrate the Properties of St Bernard's Well. If we find that it will answer any good purpose, we have it in contemplation to communicate to the Public a
 Selection

Selection of Extraordinary Cases, as they occur, especially when they have a favourable termination. This we think will best answer the design of this Publication, namely, to illustrate, from experience and observation, the Virtues of St Bernard's Well, and to ascertain these Virtues by undoubted Facts; which cannot be accomplished without strict attention and application.

CASE

C A S E I.

The Case of Lord Gardenstone, for Stomach and Nervous Complaints,—in his own words.

THE present Proprietor of this mineral water, (St Bernard's Well), by the advice of the late highly and justly esteemed Dr Gregory, begun the use of it above twenty years ago, and has continued it constantly to this day; though, during that period, and till very lately, the mineral was neglected, and was not secured from extraneous mixtures of river water, yet he has experienced, every season, material relief to his stomach, and nervous complaints; and he verily believes that he owes that measure of health and good spirits

rits which he has enjoyed to this practice ; and, though he has occasionally tried the most celebrated mineral waters in Britain, and on the Continent, he has found none of them so effectual for his complaints. Dr Gregory sent his young family to drink these waters ; and often said, with regret, that the inhabitants of Edinburgh were ignorant of that precious treasure within their reach. These were his very words.

CASE

C A S E II.

Oedematous and Dropsical Complaints.

MARIAN HUNTER, aged sixty-six, to appearance a healthy, strong, good looking woman; about 14 years ago, after the death of her husband, became low spirited and melancholy, went seldom abroad, and became listless and inactive; soon after, her belly and lower extremities began to swell; she became bloated all over her body, with loss of appetite, costiveness, making water in small quantities, and high coloured, with great thirst. Being naturally of a strong constitution, she lingered on with this disorder four years; but daily getting worse, and finding herself much reduced in her strength, she had medicines

L

from

from the Infirmary, which gave her no relief, further than a temporary remission to her complaints: At last she had recourse to St Bernard's Well, which she drunk at the rate of a chopin, or English quart, daily. In a few days she found great benefit from drinking the water, which acted as a powerful diuretic: In ten days she was obliged to take in her clothes, which she had let out on account of the watery swellings. After using the water six months, all her dropfical complaints vanished, and she was restored to perfect health. In a violent cholic, she drunk a large draught of the water, which removed her cholic instantly, but brought on a purging which lasted five days, and reduced her much in her strength and habit of body. The water never used to operate by stool, further than keeping her lax and free. Before she used the mineral water, her eye-sight had failed her; but, after using the water as above, she can read the smallest print, at the advanced age of 66. This woman seems to be a person
of

of strict veracity, and lives in St Cuthbert's Workhouse at this present time, 29th May 1789.

N. B. During the time that she used St Bernard's Well, she took no medicines: She drunk the water upon the spot. At first she was carried to the well; and, when she recovered her strength, she walked to it.

CASE

C A S E III.

Scorbutic Ulcer.

JAMES ANDERSON, a mason's labourer, going up a ladder with a load, the step broke, and he fell through the ladder. Having bruised his right leg, with a large wound, he applied to Mr Stennys, surgeon in Dunfermline, who dressed his leg six months, but could not heal it; on the contrary, the sore spread, became foul, and was covered all over with a scabby crust. In this condition he came to Edinburgh, and was advised to use the water of St Bernard's Well, by drinking the water at the fountain head, and bathing his fore at the well. In a few weeks it got well. He ascribes his cure to his using the water entirely,

entirely, having taken no medicines, nor used any outward applications, during the above period. This man lives now at the Water of Leith.

N. B. This man's case belongs to the scorbutic class, in which the water of St Bernard's Well never fails to make a cure. Many similar cases daily attend at St Bernard's Well, and seldom or never fail of success.

CASE

C A S E IV.

Scrophula.

ANNE CHARD, aged five years, grandchild to Mrs Purdy in Deanhaugh, with whom she lives, was carried to Dr Cullen for his advice. Her head was then, and had been for a considerable time, incrusted with a dry scab, which spread over her forehead and face, discharging a thin sharp humour, so acrid as to inflame her eyes, and keep them constantly shut with intolerable pain. The Doctor ordered them to bathe the child's eyes with the water of St Bernard's Well, and to drink it plentifully for her common drink, which was punctually observed; and in three months she was free from complaints, without

without issues, or any medical course whatever. She continues to drink the water occasionally, having experienced its salutary effects.

N. B. This case belongs to the scrophulous class, of which, in the sequel, we shall meet with various deplorable cases perfectly cured; in so much that this mineral water seems to be endowed with a specific remedy in scrophulous complaints.

CASE

C A S E V.

Scurvy.

ANDREW KIDSLEY, aged 35 years, of a thin habit, used to an active laborious way of life ; about two months ago, a few pimples broke out above the ankle of his left leg, which soon after spread, and run into one large fore, discharging a thin watery humour, and very painful. At first he used poultices, which took off the inflammation, and dressed the ulcer with common cerate ; but finding it to get worse, he went to St Bernard's Well, drunk a chopin of the water twice a day, and bathed the fore with it three or four times a day. In a few days he found the ulcer mending, and in the space of a month
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it cicatrized. He enjoys good health ; but continues drinking the water in lesser quantities, for fear of a return of his complaint.

N. B. The above is one of those scorbutic sores which is so common among the labouring people, and never fails of a cure at St Bernard's Well, if the water is used in drinking and bathing upon the spot. This man is a millar by trade, and lives at Drumsheugh.

M C A S E

C A S E VI.

Venereal.

AB, a young gentleman, aged 25 years, of a strong athletic make, two years ago, applied to one of the most eminent of our Surgeons for a venereal tumour in his groin. Suppurative applications were used to ripen the abscess, until it began to feel soft and fluctuate. It was opened with a lancet, and discharged a small quantity of a bloody indigested sanies. The tumour did not subside, but retained its inflammatory appearance, attended with excruciating pain, and a symptomatic fever, which was removed by bleeding, a low regimen, and a course of antiphlogistic medicines. Afterwards, he underwent a mercurial

curial course, and a salivation of two months continuance. By this time the patient was much reduced in his strength, and the bubo was almost cicatrized, but still painful, and much inflamed: Soon after, an ulcer broke out in perinaeo, and discharged a thin bloody sanies, much like what had flowed from the abscess in his groin. The patient was now in such distress, that he could neither sit, stand, nor walk. Disgusted with medicines, and finding no relief from the Faculty, he took lodgings at Stockbridge, and drank the waters of St Bernard's Well every morning fasting, and through the day, to the quantity of a Scotch pint. In a few days he felt a warm kindly glow to diffuse itself all over his body: He became more brisk, strong, and active. In a fortnight after drinking the water, he observed the hard tumour in his groin to vanish; soon after the ulcer in perinaeo healed up; he recovered his natural appetite, strength, and spirits; and at this present time, six months after using the

the water, he is restored to a florid state of health, which he ascribes entirely to the salutary effects of St Bernard's Well, having taken no medicines during the above period.

N. B. From the preceding case, it is not meant to hold forth St Bernard's Well as a specific in venereal affections, much less in a confirmed lues; but, from the above narrative, it may be presumed to be of singular efficacy in resolving venereal obstructions, correcting the venereal myasma, and restoring the whole system to a sound and healthy state. In this case the waters acted sometimes as a diuretic; sometimes they proved laxative; at other times they operated by insensible perspiration. This gentleman lives in the New Town, but does not permit his name to be made public.

C A S E

C A S E VII.

Stomach Complaints, and Loss of Appetite.

MR JOHN GRAHAM, one of the Macers to the Court of Session, a strong robust man, about 40 years of age, pretty regular in his way of living, three years ago was taken with a pain at his stomach, so acute and constant that it deprived him of his appetite, which used to be very good, attended with lassitude, debility, and loss of flesh. After drinking the water of St Bernard's Well for some weeks, the pain at his stomach left him by degrees, he recovered his appetite and strength, and ever since has enjoyed a good state of health.

N. B.

N. B. In stomach complaints, which generally proceed from crudity and indigestion, or from an irregular way of living, the water of St Bernard's Well scarce ever fails to prove an effectual cure, unless we except choleric and highly bilious constitutions. Such must use this water sparingly.

CASE

C A S E VIII.

Scrophulous Blindness.

ARCHIBALD BLACK in Deanhaugh, his daughter, aged six years, was afflicted with a painful defluxion of a sharp watery humour in both her eyes, which kept constantly running, and so acrid as to excoriate her cheeks, hands, and breast, which are all marked with deep scars at this present time, though now in her 25th year. Issues were opened in both her arms, but without effect. She was totally deprived of sight, by her eye-lids being constantly inflamed, and shut, discharging a gross viscid humour. In this miserable condition she was carried to Dr Cullen, who ordered the issues to be healed up, and that

that she should use the water of St Bernard's Well for her common drink, and that her eyes should be bathed with the water often, and no other application should be used. She had lost her appetite, and was much emaciated. In three months her complaints were removed, and she was restored to perfect health. This is the second of Dr Cullen's patients who had received a cure at St Bernard's Well.

C A S E

C A S E IX.

Dropsy.

ELIZABETH LAING, now in her sixty-fifth year; about the 40th year of her age, in hot weather, and being over-heated at work, she took a large draught of four milk, and soon after felt a chilliness and sense of cold all over her body, which was followed by loss of appetite and great thirst, for which she took an emetic, without effect. Her lower extremities began to swell, and she became bloated and dropfical, that she could not lay down in bed. She was then admitted into the Infirmary, and tapped. Ten Scotch pints (about five gallons English measure) were taken from her. During her being in the Infirmary,

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which

which was eight months, the operation was repeated six times, which gave her a temporary relief, but no hope of a radical cure. At last, Dr Drummond, one of the attending physicians, desired her to take lodgings at Stockbridge, and drink the waters of St Bernard's Well. She began drinking half a mutchkin three times a-day; afterwards she drank double that quantity, but without any sensible relief, making water in small quantities, and high-coloured, and bound in her body. Dr Drummond desired her to mix some Glauber salts in the well-water, which gave her a few loose stools, but without any further effect. By this time her belly and lower extremities were very much swelled, otherwise she was much emaciated, helpless, and unweildy. Whilst they were undressing her to put her to bed, a gush of water flew from her, which set her all afloat; both her legs burst, and discharged a great deal. This salutary evacuation continued draining from her all night, that she was obliged to sit up; and

and in the morning her skin hung in folds about her, that she did not look like the same person. By degrees her appetite returned, and she recovered her strength, that she could walk to the well, and drink the water at the fountain-head. In three months she walked home to her own house at a considerable distance, and soon after proved with child. All this while, notwithstanding these flattering appearances, she still felt some reliëts of her old distemper hanging about her. She consulted Dr Young, then Professor of Midwifery in the University. His opinion was, that she was with child, but he doubted whether she would go her full time. Soon after she miscarried, at seven months; at the same time she discharged such a flood of water from the uterus, that it filled a pail containing 24 pints English measure. Soon after she recovered her strength, and by still persisting to drink the waters of St Bernard's Well, she got the better of all her dropfical complaints. She then begun
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to drink the water in less quantities, and at last left it off, having no further use for it. She imputes her recovery to the good effects of the water, having used no medicines during the above period. She is alive and in good health now in West Kirk parish Workhouse.

N. B. This woman's case, taken all together, has hardly its fellow in the annals of medicine.

C A S E

C A S E X.

Scorbutic Eruptions.

GEORGE M'KENZIE gardener at Castlebarns, in West Kirk parish, a strong rustic man, generally healthy, turned of 50, about five years ago, after eating a hearty meal of salt herrings, of which he had had a barrel made him a present; soon after a scabby eruption broke out on his belly and the region of his stomach, with great heat and intolerable itching; afterwards his face became affected in like manner, being covered with a foul scabby eruption, for which he was advised to drink the water of St Bernard's Well. He did not drink the water regularly; sometimes at the rate of a Scotch pint; sometimes double that quantity.

quantity. When he drank it, it was in large quantities, which operated as a diuretic, seldom giving him above one lax stool. In a few weeks the eruptions vanished, without any return. He gives the water full applause, having made a perfect cure of him, without expence or hindrance to business.

N. B. All scorbutic, scrophulous, or leprous eruptions will find great benefit from using these waters, without any other medicine whatever.

C A S E



Vaughan Delin^t

C A S E X I.

Scrophula.

MR J. E. son to Sir J. E. This young gentleman, at the age of nine years, was afflicted with swellings under his ears and about his neck, which at first were indolent and without pain; but afterwards increased, until they broke, discharging a thin indigested sanies, and sometimes a ragged cory substance, without much pain; hard indolent tumours broke out in different parts of his body, with a similar discharge. By these evacuations he became weak and emaciated, but brisk and lively, as if he ailed nothing. Various means had been used to remove, or to palliate his complaints, without effect. At last he was sent to use
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the waters of St Bernard's Well, drinking and bathing his sores frequently. He continued this course from the month of April to September following, when to all appearance he got well, and was sent to school to Muffelburgh, where he continued till next spring. In March his old complaint made its appearance again, but not so violent as before. Instead of being sent back to St Bernard's Well, where he had reaped so much benefit before, he was kept at home all the summer, bathing in the sea, from which he received no benefit ; but getting daily worse, and much emaciated, he was hurried away to Moffat, and in a fortnight after he died.

N. B. The deplorable case of this young gentleman is much to be regretted. When he was taken from school, had he been sent back to St Bernard's Well, his cure might have been completed ; but, in place of that, the opportunity was lost, and he
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fell a sacrifice to the misconduct of those who had the direction of him.

This case was taken down from the information of Mrs Gowan, an elderly lady, who lives at No. 1. in St John's Street, and resided in Sir J. E.'s family during the above period.

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C A S E

C A S E XII.

Dropical and Asthmatic Complaints.

MRS AYTON, wife to Mr Ayton founder, in the Flesh-market Close, aged 52 years, of a very plethoric habit of body, attended with a cough, asthma, and oppression in her breathing. Her whole body, but especially her lower extremities, were swelled to a most enormous size. The appearance of Mrs Ayton's legs was the elephantiasis, a species of the leprosy, for the cure of which St Bernard's Well is well adapted. Diuretic purgatives, with calomel, gave her considerable relief. Her legs and feet were somewhat extenuated by fomentations, but she could not lie in bed, constantly sitting in a chair. After the above course

course had been continued for some weeks, and she was greatly reduced of her swelling, her legs measured at the ancles 18 inches round: She was then ordered to St Bernard's Well, where she drunk a chopin daily of the water, and had her victuals dressed with it. Her legs and feet were fomented with the water twice a day; by which means, in three weeks time she recovered of all her complaints, went abroad and visited her acquaintances. She gradually left off using the water, and now enjoys a good state of health. The water, in this case, operated as a powerful diuretic; and she seemed to be in a profuse perspiration continually.

CASE

C A S E XIII.

Cystirrhoea, or Stoppage of Urine.

FELIX MACGUIER, by trade a weaver, in his 54th year. From the age of twelve years, he observed that he passed his water of a thick and fizy consistence, with a frequent desire, and very painful. As he advanced in years, he found the discharge more viscid and painful. He took a variety of medicines without relief, and at last was admitted into the Infirmary, where he continued a month, and was dismissed as incurable. At this time his urine, after standing in the pot, had the appearance of a jelly coagulated, and so ropy, that one could draw it in strings of a yard long. After a long stoppage of his water, being

being distracted with pain, he leaped down from his loom, and went to St Bernard's Well, at half a mile's distance, and drank a Scotch pint of the water, which gave him immediate ease. He has ever since used the water, and finds it the only thing which gives him ease, and renders his water of a healthy colour and consistence. If at any time he omits drinking the water, his complaint returns; and, when he has drunk his usual quantity, he becomes easy, and, for the time, free from complaints. This is a cruel disease; but happens so rarely, that Dr Cullen has not taken notice of it in his Nosology.

The writer of this has met with two cases of the cystirrhoea in London. They were both weavers, and lived in Hunt-street, Spital Fields. As nothing effectual could be given for their disorder, after languishing under it for a considerable time they both died. The efficient cause of a cystirrhoea is a retention of urine, till it
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acquires such a degree of acrimony that it abrades the glairy mucus which lines the internal coat of the bladder, by which the urine becomes viscid and gelatinous, and cannot force its way through the urinary passages until it is diluted by the mineral water; and, when it is thus expelled, and exposed to the air, it coagulates into the form of a jelly, and so viscid, that it may be drawn into strings of a yard long. It is remarkable that these three men were all weavers. Perhaps their complaint may proceed from a pressure on the neck of the bladder, from a particular way of sitting which weavers have upon the loom.

This man lives at the Water of Leith.

C A S E

C A S E XIV.

Scorbutic Ulcer.

MR HAMILTON grocer, facing the Magdalen Chapel in the Cowgate, Edinburgh, a strong robust man, of a full habit of body, turned of 40 years, for some years past has been afflicted with scorbutic sores in both his legs, which were much inflamed, swelled, and painful; afterwards they broke out into large sores, discharging a thin watery humour, and so troublesome, that he could not walk, nor set them to the ground without pain. Having tried various dressings and external applications without success, he begun to use the waters of St Bernard's Well, drinking a chopin of the water every morning, at the well, fasting,

ing, and bathing his sores. In a few days he found his legs much better, the tension, swelling, and inflammation, abated. The sores soon healed and cicatrized, and have continued so these six months, without any application but the well's water.

N. B. Mr Hamilton's case being of the scorbutic kind, which is so frequent in this country, that, by some writers, it is accounted epidemic, and has got the name of Labes Britannica, especially among the labouring sort, partly owing to their manner of living, and to their being so much exposed to the inclemency of the weather. In different constitutions it appears differently, but settles at last in the lower extremities; in which case we can assure the public of success at St Bernard's Well, if used at the Fountainhead. The mineral water, if carried to any distance, loses the taste and smell, and its medicinal qualities are much impaired.

CASE

C A S E X V .

B E I N G informed that a soldier in the City Guard, living in the Canongate, Edinburgh, had a child who was using the water of St Bernard's Well, I visited the girl: She is about ten years old. About two years ago she had a fall, which seems to have deranged some of the vertebrae, as she has been bed-ridden ever since, and complains of her back upon the smallest motion. She has been attended by some of the Faculty, who have treated her complaints as dropfical. Her belly, indeed, is somewhat swelled, but feels hard; neither is there any sign of a fluctuation. She makes water freely, and has a most voracious stomach, though much emaciated. From her appearance and complaints she is liver-grown. She has sometimes drunk of

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the water, but not regularly, sometimes omitting it a whole week, then beginning again; by which means, and still more from the nature of her complaints, she can expect no benefit from St Bernard's Well.

CASE

C A S E XVI.

Dropſy.

MR TWEEEDALE, a tallow chandler at the Water of Leith, had a niece called Betty Tweedale, who lived with him, having no children of his own. This girl, when twelve years old, had been ſent on an errand at ſome diſtance in exceeding cold ſtormy weather, by which ſhe caught cold, became feveriſh, and afterwards dropſical. Her relations applied to Dr Colin Drummond, who ordered her to be tapped. Mr Young, ſurgeon in Mid Calder, performed the operation in preſence of Dr Drummond. About two gallons, Engliſh meaſure, were taken from her; and, immediately after tapping, ſhe was ſent to
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St Bernard's Well, and drank plentifully of the water, which quickly removed the relicks of her distemper, and she has enjoyed good health ever since. She has been married several years, but never had any children, probably owing to the seat of the dropfy being in the ovaria. What deserves to be particularly remarked in this woman's case, and to which she owed her cure, was her being ordered to St Bernard's Well immediately after tapping, which prevented a second collection of the water in the abdomen.

Remarks on the preceding Case.

Dr Drummond is the same gentleman who ordered Elizabeth Laing to St Bernard's Well, as mentioned in Case 9th. Immediately after she was tapped six times in the Infirmary, and recovered. Both these cases proved successful by their being sent to use this water immediately after tapping,

ping, before the vascular system received any injury from a fresh collection of water in the abdomen. Dr Drummond, at the period above alluded to, was Physician to the Infirmary. At this present time he is Physician at Bristol, and son to the late Provost George Drummond, whose memory will be always revered in Edinburgh.

CASE

C A S E XVII.

Calculus Concretions.

TH E author of this has been applied to by three different persons, with stony concretions, which they voided after taking large draughts of St Bernard's Well water. Although these calculi had all of them the appearance of being genuine, and were much alike, being about the size and shape of kidney beans, and all complained of a sharp pain, and difficulty of making water, yet their accounts, in other respects, were so questionable, that he did not judge it proper to draw out their cases at full length, without farther inquiry. It is highly probable there may be a solvent quality

quality in the water; but the above calculi were discharged whole, after taking large draughts of the water,

CASE

C A S E XVIII.

Scorbutic Ulcer and Lameness.

DAVID ELDER, aged 51, of a strong robust constitution, and used to a hard laborious way of life, twelve years ago, when servant in a brewhouse, his left leg was jammed between two hogheads, and broke a little above the ankle. Both the bones of the leg were broke, for which he was carried to the Infirmary, and after four months was discharged cured. Having afterwards received a hurt upon the same leg, it inflamed, suppurated, and broke out into a large ulcer, for which he was admitted and dressed, as an out-patient in the Hospital above a twelvemonth; but could not be healed, and in this condition he

he continued for nine years unfit for work or business of any kind. The ulcer was a little above the fracture, very large, and surrounding his whole leg with so great a discharge, that he was obliged to change the dressings twice a-day, which reduced him much in his strength, though naturally a strong man. At last, a regular bred surgeon took it in hand, who, after various applications, and administering a mercurial course, was obliged to give him up as incurable. All this while the ulcer yielded a copious discharge of well digested matter, but not disposed to heal. In this desperate condition he went to St Bernard's Well, drinking a mutchkin of the waters three times a-day, and bathing the fore with the well's-water often through the day. In a short time he found a great alteration on his health for the better, and the ulcer contracted very sensibly. Soon after he began to walk about without a crutch, which he had constantly used for many years. After using the water regularly for

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three months he could walk ten or twelve miles a-day, without any inconvenience ; and, by still persisting in the use of the water for three months more, his leg was restored to its natural strength and soundness. This man keeps a public-house in the Cannongate, a little below the church.

C A S E

C A S E XIX.

Scrophulous Ulcers.

ROBERT HAMILTON, aged 18, of a strong robust make, dark complexion, black hair, and dark eyes *, accustomed to a laborious life, turning a tobacco-nist's wheel; when seven years old, large tumours, like hard knots, begun to appear under his ears. The thyroid and maxillary glands were much swelled. At first they were hard and indolent; afterwards they became inflamed and painful. Poultices, and such like applications being put to them, they sup-
 purated

* This circumstance is mentioned, because scrophulous patients for the most part are fair complexioned, with fair light hair, and light hazle eyes.

purated and broke, discharging a sharp watery humour, and sometimes ragged fleshy substances, called cores, came away with the dressings. Being in great distress, he ~~went~~ to the Infirmary, where he continued an out-patient six months, having his sores dressed with cerate, and such like applications, but without effect. Finding his complaints increasing, he left the Infirmary, and applied to the Dispensary, where he continued an out-patient above a year. The discharge increasing, and becoming so acrid as to excoriate the parts about his throat, the fore part of his neck, and all his breast to the pit of his stomach was one continued sore. To add to his misery, the axillary glands under both his arm-pits became ulcerated. The discharge was so excessive and intolerable, that, though naturally strong and muscular, he was reduced so low in strength and spirits as to be quite helpless and unfit for any thing. The lower part of the temporal muscle, with its aponeurosis, the masseter muscles on both sides are almost

almost destroyed ; all the muscles, which lay about the anterior part of the neck, the platysma myoides, the upper extremity of the deltoid and pectoral muscles, the parotid glands, the sterno mastoideus, which covers the upper part of the sternum and clavicles, laid quite bare. In this miserable condition he was advised to have recourse to St Bernard's Well, bathing his sores frequently with the water, and drinking, at the rate of three mutchkins daily at the fountain-head. In a few days he found his complaints mending ; and in a month the ulcerated parts almost cicatrized, and the discharge greatly decreased. After three months constant attendance, drinking and washing his sores three or four times a-day, he has recovered his flesh and strength. The sores are all dried up and cicatrized, and now have a shining glossy appearance, as if the parts affected had been roasted by a slow fire, the bones appearing through a thin cuticle, without any muscles to cover them. No medicines, nor outward applications

plications were used during the above period, but the mineral water. His health seems quite established, and the above deformity excepted, from being a mere object, he is now a remarkably good looking young man.

N. B. This young man is usher to a school in Blackfriar's Wynd, Edinburgh.

C A S E

C A S E XX.

Cachexis, or Bad Habit of Body.

MR MENZIE, schoolmaster in Blackfriar's Wynd, Edinburgh, aged 43 years, of a full habit, and generally healthy; some years ago, being on a journey on foot, was caught in a thunder shower; afterwards, he walked five hours in wet clothes, and then drunk a draught of four beer, and soon after was seized with a pain of his stomach, sickness, and violent reaching to vomit, with cold shiverings and hot fits alternately, which at last settled into a regular intermittent, for which he took several emetics without relief: He afterwards became so weak, that nothing would remain on his stomach, bringing up large quantities

ties of putrid bile, and so sour, that it set his teeth on edge. Having applied for advice, variety of medicines were taken without relief. By this time he was much reduced in his strength ; and, from being of a full habit of body, was quite emaciated. In this low state he was advised to apply to St Bernard's Well. This water was the only thing his stomach could retain ; and he soon perceived an alteration on his health for the better. By drinking the water on the spot, and using moderate exercise in the open air, he recovered his appetite and strength, and has enjoyed ever since a firm state of health.

CASE

C A S E XXI.

Scrophulous Complaints.

DAVID COMB, aged 12 years, of a thin habit and fair complexion, son to Mr Comb in Rose Street, opposite the Physicians Hall, about six years ago, after having the measles, a large tumour formed behind his right ear, which was treated with suppurative applications, but never came to a head. The humour afterwards settled under his chin and both his ears, came to a suppuration, broke, and discharged a thin, bloody, and indigested sanies; soon after his right eye was affected, became inflamed, with a gross bloody humour, that it could not be opened, and painful. Medicines, and outward applications,

cations, had been used without effect. About the middle of July he began using the water of St Bernard's Well, drinking and bathing his eyes, and the ulcers which had spread over his nose, and into his right ear and cheek. The benefit of using the water soon appeared: His right eye, which was most affected, after discharging a great deal of gross humour, was restored to sight; the inflammation gradually disappeared, and the ulcerations began to digest and heal: About this time he neglected using the water regularly; the sores spread all over his nose, was much inflamed and painful; the external appearance was that of herpes exedens; in some places, the teguments being broken into small perforations, like a honeycomb, discharging a thin acrid humour; but, since resuming the use of the mineral water, the purulent discharge is become thick and laudable, the pain and inflammation are greatly abated, and all the parts affected assume their natural colour; a few spots remain under his chin, covered with

with a dry scab, which drops off without any external applications, or fresh eruptions appearing any where. He drinks at the rate of a chopin daily, and seems to be in good health and spirits.

CASE

C A S E XXII.

*Anasarca, Ascites, and Hydrocephalus, or
Universal Dropsy.*

MR M'INNON, at the foot of the College Wynd, in the Cowgate, Edinburgh, had a female child, who, at its birth, and for the first six months, seemed healthy and thriving. Soon after it became ailing and sickly. When turned of a year old, dropfical swellings appeared all over the child's body, but especially her belly, which was swelled to an extraordinary size, with a difficulty of breathing, and great thirst. Her head was likewise swelled to a most enormous size. She was stupid and comatose. Dr Young had attended her: Abundance of medicines had been administered

nistered with no effect ; till, finding the case quite desperate, he left off attendance. Mrs Johnson, an eminent midwife in James's Court, who had laid Mrs M'Innon of this child, finding the child in extreme distress and danger, sent immediately for two bottles of the water of St Bernard's Well, of which the child drunk plentifully. The water acted as a powerful diuretic ; and, in the space of a few weeks, by persisting in the use of it, the swellings entirely vanished from her body and extremities ; but the mineral water had not made the smallest impression upon her head. In a month after, she died of the hydrocephalus, or watery head.

CASE

C A S E XXIII.

A Venereal Infection.

MR GILBERT SCOT, late resdenter at Crammond, since in St Cuthbert's parish, near the church ; his wife had been employed to suckle a nurse child, and soon after observed some small pimples breaking out about the nipples, painful, and slightly inflamed. After trying in vain to heal these eruptions, which were daily growing worse, she applied to a physician at the Infirmary, who ordered her into the foul ward, among those who were infected with the venereal disease. Not knowing what her complaint was, in a fright she left the hospital : Soon after, large blotches broke out upon her arms, and other parts of her body, but especially

especially her face, which made a frightful appearance. She had left off nursing the child, and gone home to her own house, where she languished under this cruel distemper two years; and, constantly growing worse, she at last applied to St Bernard's Well, and bathed the sores with the water, but did not drink of it. In less than a month her face and skin were quite cleared from the eruptions; but, by neglecting to drink the water, the virulency of this cruel disease was not expelled, and she died soon after, a victim to that deplorable distemper, and her own ignorance and misconduct.

C A S E

C A S E XXIV.

Dysuria, or Difficulty of Making Water.

MR ROMAINÉ, schoolmaster in Shakespeare's Square, had been troubled for some years with pain and difficulty of making water, for which he applied for medical advice, and was attended by an apothecary, who administered various medicines, but without much effect. The drops which were last prescribed, and which he took according to directions, after using them four days, he thought they aggravated his complaints; he then left off taking medicines, and had recourse to St Bernard's Well. At first he begun drinking four tumblers, which proved a strong diuretic, and gave him a great deal of ease, making

making water freely, and without pain. He drinks the water, as above, twice a day, and thinks his complaint totally removed. For fear of a return, he continues using the water, but not so regularly. He is likewise very sensible that his general health is much improved ; and that the water has a strengthening and enlivening quality, rendering those who use it more brisk and active.

S C A S E

C A S E XXV.

Scurvy.

MRS CHRISTIANA RAMSAY, aged about 50 years, of a thin habit, and weakly, for some years past has been afflicted with a periodic head-ach, a pain at her stomach, and difficulty of breathing; all which were relieved by an eruption which broke out on her face, hands, and arms, which were covered with a hard dry scurf, sometimes discharging a sharp acrid humour, with intolerable itching; afterwards becoming dry, and falling off in white scales; attended with great weakness, loss of appetite, and her breath offensive. In this miserable condition, she had been for some years confined to her chamber,

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ber, low spirited, and in a state of despondency. Having undergone various courses of medicines, which proved ineffectual, she at last applied to St Bernard's Well, drinking daily at the rate of a chopin, and bathing her face, arms, and hands, with the mineral water. It is almost incredible how soon her complaints vanished, both externally and internally. The parts affected were entirely freed from the eruption, without any return of the head-ach and pain of her stomach. Her general health and strength are much improved, and at this present time enjoys good health and spirits. She lives in Finlayson's Close in the Canongate, Edinburgh.

N. B. Since St Bernard's Well has been secured from being vitiated with any foreign mixture, every scorbutic case which has applied has proved successful.

C A S E

C A S E XXVI.

Dropfy.

WILLIAM FERGUSON, aged about 30 years, of a thin habit, and a puny diminutive appearance, by trade a stone mason, in the course of his business being much exposed to the inclemency of the weather, in last autumn having taken cold, by standing long in wet clothes, he soon after felt the symptoms of a dropfy, making water in small quantities, and high coloured ; great thirst ; having a tense, shining, and swelled belly ; for which he was admitted into the Royal Infirmary. Various medicines were administered ; but proving ineffectual, he was tapped : One gallon and a half of water was taken from him.

him. Soon after he was discharged from the Hospital, and was advised to use the water of St Bernard's Well. He drunk at the rate of three mutchkins daily. He began drinking the mineral water on the 1st of February, and has continued till now, the 13th, without any appearance of his dropfical complaints returning: On the contrary, he finds a return of his health, strength, and spirits, and follows his occupation of a mason without interruption or hinderance.

P. S. It has been already observed, that the success of the mineral water in dropfies is, in a great measure, owing to their using the water immediately after being tapped; by which means the absorbent veins recover their natural functions before they are injured by a fresh collection of water.

T H E E N D.